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Peace & Mind His upcoming new book, "Peace Diet" Free Admission including a Free Cooking Demo For more information, please call (808) 947-3249 or visit us online at www.downtoearth.org Presenter Biography Terry "The Peace Diet" : Reverse Obesity, Aging, and Disease by along with cell damage and obesity. Reverse Obesity without Dieting - Investing your health in the right food . One of the key principles of the eat-more-to-lose-weight approach is to rethink your reasons for eating. It's vital to know that obesity starts with eating purely for the pleasure of it. How to Reverse Obesity without Dieting? - Anti-Aging ... Peace Diet: Reverse Obesity, Aging, and Disease by Eating for Peace, Mind, and Body Dr. Terry

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Shintani. 4.7 out of 5 stars 16.

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plenty of omega-3 fats, coconut

butter and olive oil, legumes, nuts,

and seeds. Whole, real foods turn

on all the right gene messages,

promote a healthy metabolism,

reverse insulin resistance and

diabetes, and prevent aging and

age-related diseases like diabetes

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